

## Nebraska Food Distribution Processed Commodity Fact Sheet

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**Name:** \*Turkey Roast

**Product Code:** 970031-1

**Processor:** Oak Valley Farms

**Category:** Meat and Meat Alternate

**Date:** 6/7/2005

**Description:** A blend of breast and thigh turkey meat. Turkey roasts are uniform in shape, and fully cooked.

**Pack Size:** Four 8-11 pound roast, approximately 200 servings per case.

**Storage:** Store at 0 degree's F or below

**Preparation:** Thaw in refrigerator, positioned on refrigerator shelves so air can circulate. Thawing time is approximately one to two days. Use as soon as possible after reaching 38 degree F. internal temperature.

**Cooking:** Heat thoroughly if desired.

**Serving Size:** 3.18 oz

**Meal Contribution:** 2 meat/meat alternates

| Nutrition Facts |             |                |             |
|-----------------|-------------|----------------|-------------|
| Calories:       | 186.51      | Protein:       | 20.29 grams |
| Total Fat:      | 11.51 grams | Carbohydrate:  | 0.41 grams  |
| Saturated Fat:  | 4.64 grams  | Cholesterol:   | 78.16 mg    |
| Trans Fat:      | grams       | Calcium:       | 7.54 mg     |
| Iron:           | 0.73 mg     | Dietary Fiber: | 0.00 mg     |
| Sodium:         | 187.43 mg   | Vitamin C:     | 0.00 mg     |
| Vitamin A:      | 0.00 IU     |                |             |